

Amendments to the Claims

1-25. (cancelled)

26. (currently amended) An unsaturated fatty acid composition consisting essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty acid (n-3, 18:3) in a linoleic to α -linolenic weight ratio of 0.05-7.5, and wherein said composition contains flaxseed oil.

27. (previously presented) The composition of claim 26, further comprising rapeseed oil and perilla oil.

28. (previously presented) The composition of claim 26, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

29. (previously presented) The composition of claim 27, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

30. (previously presented) The composition of claim 26, wherein said composition is in the form of a capsule.

31. (previously presented) The composition of claim 30, wherein the unsaturated fatty composition further comprises rapeseed oil and perilla oil.

32. (previously presented) The composition of claim 30, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05-2.0.

33. (previously presented) The composition of claim 31, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05-2.0.

34. (currently amended) An edible oil consisting essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty (n-3, 18:3) in a linoleic to α -linolenic weight ratio of 0.05-7.55, and wherein said oil contains flaxseed oil.

35. (previously presented) The oil of claim 34, further comprising rapeseed oil and perilla oil.

36. (previously presented) The oil of claim 34, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-2.0.

37. (previously presented) The oil of claim 35, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-2.0

38. (previously presented) A dietary supplement consisting essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty (n-3, 18:3) in a linoleic to α -linolenic weight ratio of 0.05-7.5, and wherein said supplement contains flaxseed oil.

39. (previously presented) The dietary supplement of claim 38, further comprising rapeseed oil and perilla oil.

40. (previously presented) The dietary supplement of claim 38, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said supplement is 0.05-2.0.

41. (previously presented) The dietary supplement of claim 39, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said supplement is 0.05-2.0.

42. (currently amended) A food consisting essentially of linoleic fatty acid (n-6, 18:2) and α -linolenic fatty (n-3, 18:3) in a linoleic to α -linolenic weight ratio of 0.05-7.5, and wherein said food contains flaxseed oil.

43. (previously presented) The food of claim 42, further comprising rapeseed oil and perilla oil.

44. (previously presented) The food of claim 42, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said food is 0.05-2.0.

45. (previously presented) The food of claim 43, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said food is 0.05-2.0.